

JUNE 8 LACDMH RADIO SHOW FEATURES HELENA DITKO AND THE CET PROGRAM



This Saturday, June 8, 2013 at 8:00-9:00 P.M., tune in for the weekly “Free Your Mind Projects Radio Show” which has moved to KABC-AM (AM 790). The Los Angeles County Department of Mental Health (LACDMH) is a proud sponsor of this unique radio show.

Whether you’re in your car or at home, tune in and listen to the hour-long program designed to promote awareness on mental health issues. This week, LACDMH Public Affairs Director Kathleen Piché will be co-hosting with Helena Ditko, L.C.S.W., from LACDMH’s Office of Family Engagement.

On the show, Ditko talks about a new pilot program through LACDMH’s Adult System of Care. The program, known as Cognitive Enhancement Therapy (CET), is an evidence-based practice, recognized by the Substance Abuse and Mental Health Services Administration (SAMHSA). The program helps individuals develop and enhance mental capacities so they can interact socially with others. Initially, CET was developed to help individuals recovering from schizophrenia but it has also been proven to assist those with bipolar disorder, high-level autism and major depression.

CET is currently being tested as a pilot program at LACDMH. The year-long program started in August 2012 with nine participants. So far, the participants have shown great improvements. On this week’s show, find out about the results, how the program works and its future availability at LACDMH.

If you miss the show, you can always listen to it archived on the Free Your Mind Projects website: <http://www.freeyourmindprojects.com/category/radio/>.

The “Free Your Mind Projects Radio Show” is always interested in possible guests and subjects to cover. If you know of any persons in recovery or subject

matter experts who would be good candidates for an on-air interview in a future show, please contact the LACDMH Public Information Office at pio@dmh.lacounty.gov.